



Local Resources

By Diane Bamforth

Many of us are caregivers for a family member, friend or neighbor and sometimes we do not know where to turn for advice or support. The good news is that in Yolo County there are many programs that support caregivers. The list is exhaustive and far too long to include here but the following is an aid to locating those resources.

Firstly, download or visit the Davis Senior Center to get two resource directories.

The Davis Senior Resource Guide

www.cityofdavis.org

The Yolo Senior Resource Directory: This directory is published by **Senior Link of Yolo County**, a program of Legal Services of Northern California that provides free information and assistance to older adults in Yolo County. For additional questions about services in the County, please call Senior Link of Yolo County 1877 883 4927 or 530 207 4250 or visit <https://lsnc.net/seniorlink>

Both of these are packed full of information with not just caregiving resources but financial services, educational opportunities, health, housing legal help, transportation, equipment and so on.

I find it helpful to print hard copies of these so they are always at hand.

Contact Beth Conn-Ossenfort, Assistant Social Worker at Yolo Adult Day Health Center in Woodland, she can give you information, but ask to be added to her regular e mail that details caregiver support groups, special events, workshops, fundraisers etc. for the upcoming month.

Beth Conn-Ossenfort, 530-666-8828

E mail: beth.conn-ossenfort@dignityhealth.org

Yolo 211 is a 24 hour telephone help line, where you speak directly to an operator Just call 211.

It is also available on line, www.211yolocounty.com and is a resource for all age groups, help for children and families, young adults, the disabled and seniors, It details amongst other things: public assistance programs, legal aid, substance abuse, mental health program transportation equipment closets and animal welfare.

If you care for a senior and are finding it difficult to navigate through your options or are caring long distance you might want to consider a **Geriatric Care Manager**. Be warned they don't come cheap but can help coordinate community care for you. Make sure your

care manager is a member of the National association of professional care managers by visiting their site www.caremanager.org or use a service such as **Eldercare Locator** www.eldercare.gov

Del Oro Caregiver Resource Center. To be eligible for their free services, a client must be caring for an adult with a cognitive impairing condition that occurred after the age of 18 (for example: dementia, Alzheimer's disease, stroke, traumatic brain injury, Parkinson's disease) or caring for someone 60 and over regardless of diagnosis and requiring assistance with two or more activities of daily living. They provide case management, financial help for respite, short term counselling, legal and financial advice, local support groups in Yolo County plus education and training.

www.deloro.org 916 728 9333

Yolo County Dept. of Health and Human Services 530 661 2750

and the **Depart. of Mental Health Services** 530 7575530 both at www.yolocounty.org are helpful for referral and resources.

For Mental Health assistance our local chapter of NAMI (**National Alliance on Mental Illness**) 530 756 8181, www.namiyolo.org has many programs that you may find useful.

Joining the **Family Caregiver Alliance** will give you access to caregiver support, education and advocacy, their monthly newsletter is full of useful advice as are their fact sheets which cover a wide range of topics

www.caregiver.org

Likewise subscribe to newsletters from national organizations specializing in specific illnesses such as Parkinson's, Alzheimer's, Cancers and Stroke.

Teepa Snow's Online Dementia Journal or her You Tube videos are favorites of mine; they can be very helpful and are an excellent source of education for those caring for loved ones with dementia.

www.Teepasnow.com

So you may ask "How do I find the time to do all this?"

Remember those friends and family members who say "what can I do to help?"

Assign them the task of perusing these resources, reading the newsletters and to help identify what may be useful to you.

Our County and City has many **Support Groups** serving people facing diverse challenges such as drug and alcohol abuse, mental illness, parenting, breast feeding, gender identity, arthritis, visual limitations and many more.

Please go to the St. Martins website www.churchofstmartin.org click on Life in Community and then Caring Ministries to find a comprehensive list.